

The Impact of Psychology

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Improving our understanding of why people behave as they do as well. Understanding the different factors that can impact the human mind and behavior. Understanding issues that impact health, daily life, and well-being. Improving ergonomics to improve product design. Psychology is both an applied and academic field that benefits both individuals and society as a whole. A large part of psychology is devoted to the diagnosis and treatment of mental health issues, but that's just the tip of the iceberg when it comes to the impact of psychology.

Psychologists accomplish these things by using objective scientific methods to understand, explain, and predict human behavior. Psychological studies are highly structured, beginning with a hypothesis that is then empirically tested. Early psychology evolved out of both philosophy and biology. Discussions of these two subjects date as far back as the early Greek thinkers, including Aristotle and Socrates. The word "psychology" itself is derived from the Greek word *psyche*, literally meaning "life" or "breath." Derived meanings of the word include "soul" or "self."

The emergence of psychology as a separate and independent field of study truly came about when Wilhelm Wundt established the first experimental psychology lab in Leipzig, Germany in 1879. Throughout psychology's history, various schools of thought have formed to explain the human mind and behavior. In some cases, certain schools of thought rose to dominate the field of psychology for a period of time.

Psychology is the scientific study of human behavior and mental processes. The effects of psychological studies are more relevant and respected than any period in the past, and new discoveries and applications for psychology are always being uncovered by top researchers. When this theory was disproven, the prevailing wisdom at the time was the people suffering from "shell shock" were simply weak or cowardly, despite the fact that some estimates suggest nearly 20 percent of surviving WWI veterans developed the condition. There is near unanimous agreement among modern psychologists that shell shock was in fact what we commonly refer to today as post-traumatic stress disorder.

Many of the primary modern applications for psychology revolve around protecting people from emotional and physical harm while providing them with the necessary mental bandwidth to

handle the psychological perils many people face daily. Issues like relationships, workplace stress and financial difficulties all can be affected by psychological symptoms that require diagnosing and managing, which is where modern psychology comes into play and why it's so important. Despite the popular stereotype of the private practice therapist popularized by the media, psychology professionals actually have access to a wide variety of industries and fields, from education and criminal justice to marketing and politics.

Psychology is the science of mind and behavior. Psychology includes the study of conscious and unconscious phenomena, as well as feelings and thought. It is an academic discipline of immense scope. Psychologists also seek an understanding of the emergent properties of brains, linking the discipline to neuroscience. As a social science, psychologists aim to understand the behavior of individuals and groups. A professional practitioner or researcher involved in the discipline is called a psychologist. Some psychologists can be classified as a social, behavioral, or cognitive scientists. Some psychologists attempt to understand the role of mental functions in individual and social behavior. Others explore the physiological and biological processes that underlie cognitive functions and behaviors.

Psychologists explore behavior and mental processes, including perception, cognition, attention, emotion, intelligence, subjective experiences, motivation, brain functioning, and personality. Psychologists' interests extend to interpersonal relationships, psychological resilience, family resilience, and other areas within social psychology. Psychologists also consider the unconscious mind. Research psychologists employ empirical methods to infer causal and correlational relationships between psychosocial variables. Some, but not all, clinical and counseling psychologists rely on symbolic interpretation.

While psychological knowledge is often applied to the assessment and treatment of mental health problems, it is also directed towards understanding and solving problems in several spheres of human activity. By many accounts, psychology ultimately aims to benefit society. Many psychologists are involved in some kind of therapeutic role, practicing in clinical, counseling, or school settings. Other psychologists conduct scientific research on a

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wide range of topics related to mental processes and behavior. Typically the latter group of psychologists works in academic settings. Another group of psychologists is employed in industrial

and organizational settings. Yet others are involved in work on human development, aging, sports, health, forensics, and the media.